



A BEGINNING RESOURCE FOR SENIORS

There are many outlets for communication available to seniors in our local communities. This, in itself, constitutes a problem. With so many resources, each giving information about a specific item, it can be overwhelming to seniors and their families/caregivers. They may need to search through many sources to find the item that is needed. Also, this information may not be available in a format that is readily accessible to seniors. A variety of valued information is shared via internet, phone, newspapers, mailings and on bulletin boards sprinkled throughout neighborhood businesses. Even with all of this available information, a frequent barrier is lack of awareness of the specific information or how to locate it. Another barrier is the visual and auditory presentation of this information. Font size is often too small, page layouts are too confusing, official forms are filled with "legalese", and buttons on mobile phones and electronic equipment can be too small. Automated answering services can give too much

information too quickly and there is little opportunity to speak to a live person. A generation that did not grow up with computers and electronic gadgets may not be quick in their response time.

Seniors of Los Altos and Los Altos Hills would benefit from a basic list of resources aimed at their needs, with phone numbers and/or e-mail addresses. This list will be a simple list, a beginning set of references only. It will not suggest actual businesses—that would be up to the individual to choose.

We have presented our basic resources under the following categories:

- **EDUCATION**
- **FOOD AND MEAL PROGRAMS**
- **HEALTH SERVICES**
- **HOUSING**
- **SOCIAL PARTICIPATION**
- **TRANSPORTATION**



RESOURCE INFORMATION FOR SENIORS

Compiled by Los Altos/Los Altos Hills

Senior Commission 2013

PLEASE REVIEW IN-HOUSE

PLEASE DO NOT REMOVE